

## Exercise: A Guide from the National Institute on Aging

<http://www.nih.gov/nia>

1-800-222-2225

National Institute on Aging is aimed at improving the health of older people. Losing the ability to do physical activity comes from inactivity; meaning keep going, if you stop, you may not get up as easily the next time.

Researchers are suggesting that, growing older does not mean you have to lose strength and ability to do your everyday tasks. Especially, not the things you enjoy! If you lose your ability to keep moving, this puts you at a higher risk for diseases and disabilities.

Physical activity done regularly can help improve health. Some exercises may prevent or delay a variety of diseases and disabilities associated with aging;



### Types of exercise:

- 1) **Endurance** activities increase heart rate and breathing. They improve the health of the heart, lungs, and circulatory system, and help prevent or delay some diseases.
- 2) **Strength** exercises make older adults strong enough to do the things they need to do and the things they like to do.
- 3) **Balance** exercises help prevent falls, a major cause of disability in older adults.
- 4) **Stretching** helps keep the body limber and flexible.

### Benefits of exercise:

"The good news is that people can benefit from even moderate levels of physical activity."

**Surgeon General of the United States.**

### What stops you from exercising?

- a. **Exercising does not have to** be harmful or painful.
- b. **You don't have to** join a gym or buy expensive equipment.
- c. **You don't have to** feel embarrassed because you think exercising is for young people.



Just about all older adults can safely do some form of physical activity at little or no cost. Even household chores can improve your health. The key is to increase your physical activity by exercising and by using your own muscle power.



It has been shown that older adults of all age groups hurt their health more by not exercising than by exercising. **As a rule, older people should stay as active as they can.**

The next few newsletters will deal with the different types of exercises to assist you along your road to health:

Endurance—length of time

Strength—amount of power

Balance—ability to hold self

Stretching—reaching for more

Answer the questions on the next page.....

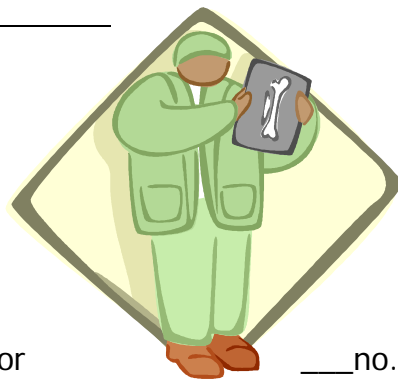
Do I exercise? \_\_\_\_yes or \_\_\_\_no.

Do I have heart trouble? \_\_\_\_yes or \_\_\_\_no.

Do I have diabetes? \_\_\_\_yes or \_\_\_\_no.

Do I have high blood pressure? \_\_\_\_yes or \_\_\_\_no.

Have I discussed my health and exercise with my doctor? \_\_\_\_yes or \_\_\_\_no.



Well, if you are on the Commodity Supplemental Food Program, more than 50% of you said yes, you have heart trouble, diabetes, or high blood pressure. That's a lot of people! Discuss your health with your doctor and get ready to participate in exercises that will be described in the next four newsletters. We just finished information from the, "It's Up To You" campaign. **Now let's put exercise to work for us!**

## Recipe: CREAM OF POTATO SOUP

Servings: 8

### Ingredients:

- 2 tbs butter or margarine
- 2 tbs minced onion
- 1 tbs finely cut-up green onion
- 2 cans (13.75 oz) chicken broth, low sodium
- 4 cups mashed potatoes
- 1 can (12 oz) evaporated milk
- ½ tsp salt
- few grains of pepper
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### Directions:

1. Melt butter or margarine in large saucepan.
2. Add onion and cook until tender.
3. Add chicken broth.
4. Mix evaporated milk and potatoes. Add to broth.
5. Season with salt and pepper.
6. Cook and stir over medium heat until steaming.

### Note:

For smoother texture, cool and then whip in blender and serve hot or cold.

Serve with green salad to add color to your meal!



### Nutrition Information for each serving:

Calories	229	Kcal	Cholesterol	16	mg	Sugar	2	g
Total fat	12	g	Total Carbohydrate	23	g	Vitamin A	526	RE
Saturated fat	4.2	g	Dietary Fiber	1.4	g	Vitamin C		mg
Sodium	441	mg	Protein	7.7	g	Iron	2.6	mg
Calcium	163	mg						